"Awakening to the Power of Innate Mental Health"

A Zoom Workshop

Friday – Sunday,
December 2 - 4, 2022

The focus of this workshop is a new paradigm that turns how we help others from a problem/symptom-reduction model to a mental well-being model. It is not a new technique, but rather a totally different way of looking at how people change and what therapy looks like when you realize the power that everyone has to regain their mental well-being, regardless of their circumstances.

We will be sharing this practical, simple understanding of how humans create their experience of reality moment to moment, how the innate state of mental well-being works to create psychological balance, and how the innocent misuse of thought ends up creating stress, depression, anxiety, relational problems, and addictions.

We will discuss what therapy, treatment, and coaching look like from this perspective and why the health of the helper is critical to helping others; how working from this paradigm dramatically reduces stress and virtually eliminates burn out in therapists as well as clients.

The workshop is designed for counseling professionals as well as coaches and educators. Both of the presenters, Christine Heath, LMFT, CSAC, MAC, and Dr. Judith Sedgeman, EdD, have over 40 years of experience in sharing this health-focused paradigm. Christine and Judith have also published books on mental well-being, and they co-host a podcast, "Psychology Has It Backwards."

Although presented via Zoom, the sessions will be interactive and experiential.

The cost for the weekend experience is $250 per person. Group and student rates are also available, as well as limited partial scholarships. CEUs have been approved by the State of Hawaii Alcohol and Drug Abuse Division and are pending from the Hawaii MFT Board (HIAMFT).

Friday, December 2, 2022 – 5:00 pm to 8:00 pm HST
Saturday & Sunday, December 3-4, 2022 – 9:30 am to 4:30 pm HST

For more information, please call (808) 254-6484, email us at info@hcechawaii.com, or go to www.hcechawaii.com.